

HOWELL COUNTY  
HEALTH DEPARTMENT

### APRIL CALENDAR

WIC: 2, 6, 7, 8, 9, 10, 13,  
14, 15, 16, 20, 21, 23, 24,  
27, 28, 29, 30

Willow Springs WIC: 1

Mountain View WIC: 1/2  
day-3, full day-22

Family Planning: 9, 15,  
24

Immunizations: 7, 13, 21

Food Handlers: 13, 27

Breastfeeding Support  
Group: 7

Holiday's (closed): None

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### Clinic Hours:

Monday-Friday 8-12 & 1-5,  
closed for lunch 12-1

### Administration Hours

Monday-Friday 8-5

# Monthly Monitor

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## National Public Health Week

Never before has the U.S. spent more on health care. Unfortunately, this increase in spending is not reflected in our overall health. This is the de-fining challenge of our generation – a challenge that we, the public health community, are uniquely positioned to help overcome.

That's why, during National Public Health Week 2015, **April 6-10**, the public health community is rallying around **a goal of making the U.S. the healthiest nation in one generation — by 2030**. In April, we hope to create a new ground-swell of support for the changes that must be made within our

## Annual Rabies Clinics May 2nd

On Saturday, May 2nd veterinary clinics in Howell County will participate in the annual rabies clinic, sponsored by the Howell Co Health Department.

You will be able to go to each clinic during their designated hours and



*Let's Make the U.S. the  
Healthiest Nation!*

health system to realize this goal.

**April 6-Raising the Grade:** the U.S. trails 41 other countries in life expectancy and other measures of good health, and this holds true across all ages and socio-economic groups. **April 7-Starting from Zip:** today, your zip code says too much about your health. With the U.S., there are unacceptable disparities in health by race and ethnic group, state by state and

even county by county.

**April 8-Building Momentum:** influential leading, companies and organizations are taking important steps in line with creating the healthiest nation.

**April 9-Building Broad Connections:** in the work to become the healthiest nation, we can't do it all on our own. We have to expand our partnerships to everyone that has an impact on our health. **April 10-Building on 20 Years of Success:** 2015 is American Public Health Association 20th anniversary for coordination National Public Health Week, & the accomplishments of the public health community over the last 2 decades are significant.

get a rabies vaccination for your pet at a reduced cost. Please check the Howell County Health department website, local newspapers or call the health department for clinic times.

Each year Howell County has several rabies cases

involving wild animals, usually skunks. When these animals bite and/or come into contact with an unvaccinated pet the state recommendation is to have the pet euthanized and possibly tested. Please protect your pets and family by getting your pets vaccinated this spring.



New changes to WIC fruit & vegetable checks.

Come learn about how to garden and get started growing your own healthy vegetables!

Talk to kids about the dangers of tobacco use!



## WIC-What's New about Fruit & Vegetable Checks?

Effective April 1, 2015: When fruits and vegetables purchases exceed the dollar amount on the WIC check, the WIC participant can:

- Pay the difference using cash, check, credit/

debit card or SNAP EBT card.

- Pay the difference by using multiple fruit and vegetable checks together.

Tax will be applied to the difference if the WIC participants pays with cash

check or credit/debit card.



## Free Gardening Workshop

The West Plains Community garden along with the Howell County and University Extension will be offering a free garden workshop on Wednesday, April 15th from 1:30-3:30

pm at the health department.

The workshop will be lead by Extension Specialists from Poplar Bluff who will cover companion planting, organic soil preparation and square foot gardening.

This workshop is free and open to the public. Please call ahead to register. Door prizes will be given away at the end of the workshop.

For more information or to register call the Howell County health department at 417-256-7078.

## No Smoking to Live Long and Prosper

Trekkies all over the world were recently saddened by the news that actor Leonard Nimoy, "Mr. Spock" from Star Trek had passed away. He was diagnosed with chronic obstructive pulmonary disease in 2014 .

He often tweeted about the health hazards caused by cigarette smoking, which he gave up some thirty years ago. One of the last tweets the actor wrote read, 'Don't smoke. I did. Wish I never had. LLAP' (Live Long And

Prosper). In "Mr. Spocks" words, smoking is not logical. It drains your bank account, has been proven to cause heart disease and cancer and can kill you. Talk to kids about the dangers of tobacco.



## Howell County Health Department

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**Public Health: Prevent. Promote. Protect.**

The mission of the Howell County Health Department is to improve, promote and protect the health of Howell County through awareness, assessment, planning and assurance in order that our community may achieve their fullest health potential.



**Public Health**  
Prevent. Promote. Protect.

## Eating Well Deviled Eggs [www.eatingwell.com](http://www.eatingwell.com)

**Makes:** 24 servings

**Active Time:** 20 minutes

**Total Time:** 20 minutes

### Ingredients

- 12 large hard-boiled eggs (see Tip), peeled
- 1/3 cup nonfat cottage cheese
- 1/4 cup low-fat mayonnaise
- 3 tablespoons minced fresh chives or scallion greens
- 1 tablespoon sweet pickle relish
- 2 teaspoons yellow mustard
- 1/8 teaspoon salt

Paprika for garnish

### Preparation

1. Halve eggs lengthwise with a sharp knife. Gently remove the yolks. Place 16 yolk halves in a food processor (discard the remaining 8 yolk halves). Add cot-

tage cheese, mayonnaise, chives (or scallion greens), relish, mustard and salt; process until smooth. Spoon about 2 teaspoons yolk mixture into each egg white half. Sprinkle with paprika, if desired.

### Tips & Notes

- **Make Ahead Tip:**



**Deviled Eggs for Easter!**

Cover and refrigerate for

up to 1 day.

**Tip:** To hard-boil eggs: Place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Remove from heat, pour out hot water and cover the eggs with ice-cold water. Let stand until cool enough to handle before peeling.

### Nutrition

**Per serving:** 34 calories; 2 g fat (1 g sat, 1 g mono); 71 mg cholesterol; 1 g carbohydrates; 0 g added sugars; 3 g protein; 0 g fiber; 85 mg sodium; 31 mg potassium.